

Lisa M. Caylor
25011 Woolwich Street
Laguna Hills, CA 92653
August 30, 1999

FDA Commissioner Jane E Henney
5600 Fishers Lane
Rockville, Maryland 20857

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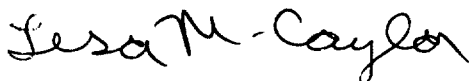
Dear Ms. Henney:

I am writing to urge the FDA to establish a "Daily Reference Value" for added sugar of 40 grams and to require labels to disclose how much added sugar a food contains.

The food industry and the public have become so aware of the problems that can be caused by fat that they ignore the health problems that can be caused by sugar. I suffered for years with headaches and congestion caused by "unidentifiable" allergies. Doctors I consulted only offered me pharmaceutical solutions. After much research and experimentation on my own, I discovered that I am hypoglycemic. The "sugar rush" and following dip in blood glucose caused by added sugar and other refined carbohydrates were causing the headaches and congestion. While I believe the millions of diabetics and hypoglycemics in the United States would be best able to manage their health if food labels listed the glycemic index of the food, amount of added sugar is a good first step.

Thank you for considering my request. Food is a drug that we take every day. Like other drugs it can improve our health as well as have side effects and should be labeled accordingly.

Sincerely,



Lisa M. Caylor

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Todd and Lisa Caylor
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